

Full Report (All Nutrients) 20027, Cornstarch

Report Date: June 27, 2017 03:49 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.46 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 128g |
|---------------------------------|------|------------------------|----------------|------------|---------------|
| Proximates | | | | | |
| Water | g | 8.32 | 5 | 0.705 | 10.65 |
| Energy | kcal | 381 | -- | -- | 488 |
| Energy | kJ | 1594 | -- | -- | 2040 |
| Protein | g | 0.26 | 5 | 0.026 | 0.33 |
| Total lipid (fat) | g | 0.05 | 3 | 0.025 | 0.06 |
| Ash | g | 0.09 | 4 | 0.003 | 0.12 |
| Carbohydrate, by difference | g | 91.27 | -- | -- | 116.83 |
| Fiber, total dietary | g | 0.9 | -- | -- | 1.2 |
| Sugars, total ↓ | g | 0.00 | 1 | -- | 0.00 |
| Minerals | | | | | |
| Calcium, Ca | mg | 2 | 7 | 0.534 | 3 |
| Iron, Fe | mg | 0.47 | 6 | 0.125 | 0.60 |
| Magnesium, Mg | mg | 3 | 7 | 0.124 | 4 |
| Phosphorus, P | mg | 13 | 3 | 0.598 | 17 |
| Potassium, K | mg | 3 | 7 | 0.398 | 4 |
| Sodium, Na | mg | 9 | 4 | 2.545 | 12 |
| Zinc, Zn | mg | 0.06 | 6 | 0.018 | 0.08 |
| Copper, Cu | mg | 0.050 | 2 | -- | 0.064 |
| Manganese, Mn | mg | 0.053 | 3 | 0.023 | 0.068 |
| Selenium, Se | µg | 2.8 | 8 | 0.336 | 3.6 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 |

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|--|------|------------------------|----------------|------------|---------------|
| Thiamin | mg | 0.000 | 1 | -- | 0.000 |
| Riboflavin | mg | 0.000 | 1 | -- | 0.000 |
| Niacin | mg | 0.000 | 1 | -- | 0.000 |
| Pantothenic acid | mg | 0.000 | 1 | -- | 0.000 |
| Vitamin B-6 | mg | 0.000 | 1 | -- | 0.000 |
| Folate, total | µg | 0 | 1 | -- | 0 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 0 | 1 | -- | 0 |
| Folate, DFE | µg | 0 | -- | -- | 0 |
| Choline, total | mg | 0.4 | -- | -- | 0.5 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 |
| Retinol | µg | 0 | -- | -- | 0 |
| Carotene, beta | µg | 0 | -- | -- | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 0 | -- | -- | 0 |
| Lycopene | µg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 |
| Vitamin E (alpha-tocopherol) 2 | mg | 0.00 | 1 | -- | 0.00 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Tocopherol, beta 2 | mg | 0.00 | 1 | -- | 0.00 |
| Tocopherol, gamma 2 | mg | 0.00 | 1 | -- | 0.00 |
| Tocopherol, delta 2 | mg | 0.00 | 1 | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Vitamin K (phylloquinone) | µg | 0.0 | -- | -- | 0.0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.009 | -- | -- | 0.012 |
| 4:0 | g | 0.000 | -- | -- | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 128g |
|------------------------------------|------|------------------------|----------------|------------|---------------|
| 10:0 | g | 0.000 | -- | -- | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 |
| 14:0 | g | 0.000 | -- | -- | 0.000 |
| 16:0 | g | 0.009 | 1 | -- | 0.012 |
| 18:0 | g | 0.001 | 1 | -- | 0.001 |
| Fatty acids, total monounsaturated | g | 0.016 | -- | -- | 0.020 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 18:1 undifferentiated | g | 0.016 | 1 | -- | 0.020 |
| 20:1 | g | 0.000 | -- | -- | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.025 | -- | -- | 0.032 |
| 18:2 undifferentiated | g | 0.025 | 1 | -- | 0.032 |
| 18:3 undifferentiated | g | 0.000 | 1 | -- | 0.000 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 |
| Amino Acids | | | | | |
| Tryptophan | g | 0.001 | 76 | -- | 0.001 |
| Threonine | g | 0.009 | 11 | -- | 0.012 |
| Isoleucine | g | 0.010 | 11 | -- | 0.013 |
| Leucine | g | 0.036 | 11 | -- | 0.046 |
| Lysine | g | 0.006 | 68 | -- | 0.008 |
| Methionine | g | 0.006 | 10 | -- | 0.008 |
| Cystine | g | 0.006 | 10 | -- | 0.008 |
| Phenylalanine | g | 0.013 | 11 | -- | 0.017 |
| Tyrosine | g | 0.010 | 11 | -- | 0.013 |
| Valine | g | 0.014 | 10 | -- | 0.018 |
| Arginine | g | 0.012 | 11 | -- | 0.015 |
| Histidine | g | 0.008 | 11 | -- | 0.010 |
| Alanine | g | 0.019 | 10 | -- | 0.024 |

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|----------------|------|------------------------|----------------|------------|---------------|
| Aspartic acid | g | 0.020 | 11 | -- | 0.026 |
| Glutamic acid | g | 0.053 | 11 | -- | 0.068 |
| Glycine | g | 0.009 | 11 | -- | 0.012 |
| Proline | g | 0.024 | 11 | -- | 0.031 |
| Serine | g | 0.012 | 11 | -- | 0.015 |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Dietary Fiber and Sugars in Commonly Consumed Foods, 1994 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD